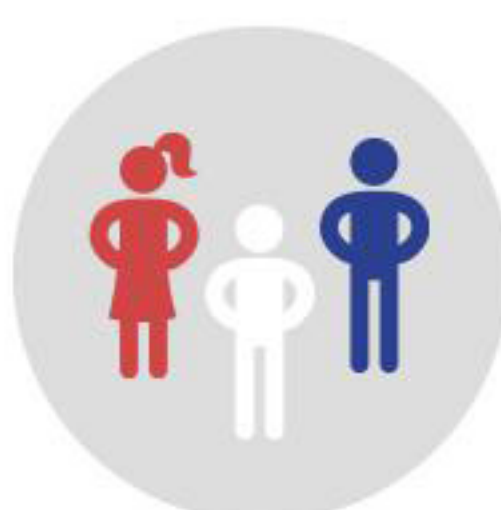
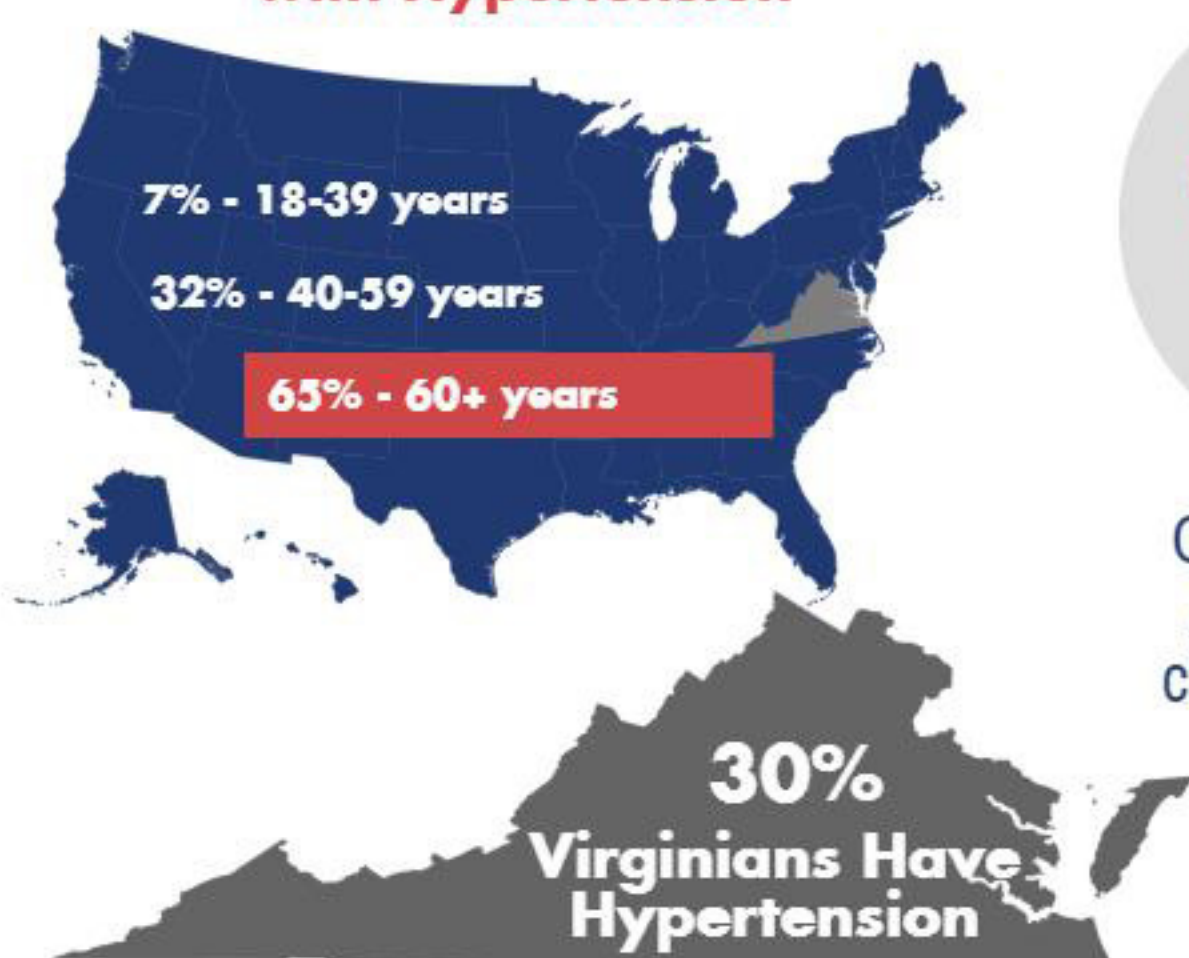




4 Things You Better Know About YOUR Blood Pressure

1 Facts About High Blood Pressure

Percentage of Americans with Hypertension



1 IN 3
AMERICANS
ARE LIVING
WITH HBP
TODAY

Of the nearly 80M
Adults with HBP
close to HALF are
not controlled

1,000
DEATHS
A YEAR

2 What is High Blood Pressure?



The top number (systolic) matters most; it measures the force at the moment the heart beats, pumping blood throughout the body.

The bottom number (diastolic) blood pressure, measures the pressure in your blood vessels when your heart rests between beats.

When pressure increases, it can damage your kidneys, eyes, brain, even the lining of blood vessels and cause a stroke or heart attack.

Ask Your Doctor What Number is Right For You.

3 What Increases Blood Pressure?

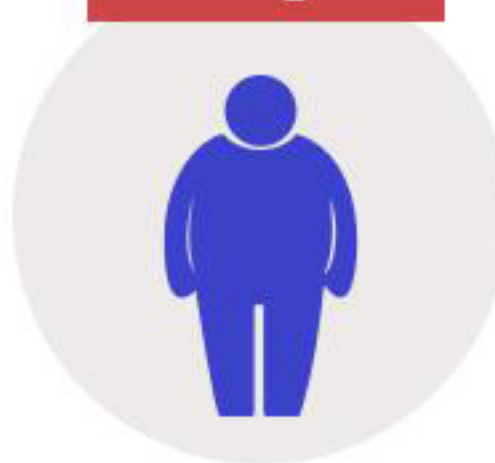
Age



55+ Years Old

The upper number
increases starting
at age 40.

Weight



Loose the Pounds

Dropping just 11
pounds can shave off
more than 4 points

Stress



Learn Ways to Relax

Blood pressure spikes
just because you're
having it measured.

4 Control Your Blood Pressure

Better BP Control= Reduces Risk of Illness

Three Steps To Lowering Your Blood Pressure

NORMAL

120
80

**Monitor Your
Blood Pressure**

Top Number:
less than 120 mmHg
Bottom Number:
less than 80mmHg



Eat Healthy

Eat a variety of
natural foods with
reasonable portions.



Manage Stress

Find ways to calm your
thoughts by practicing slow
breathing or meditating